

ESSEX  
LUNATIC ASYLUM.

---

REPORT OF  
THE COMMITTEE OF VISITORS,  
REPORT OF  
THE MEDICAL SUPERINTENDENT,  
AND OTHER PAPERS RELATING TO THE ASYLUM.

---

PRINTED BY ORDER OF THE COURT OF QUARTER  
SESSION, JANUARY, 1859.

GIBSON, { CLERK OF THE  
PEACE.

---

CHELMSFORD :  
PRINTED BY J. SHEARCROFT, HIGH-STREET.

## Contents.

---

1. COMMITTEE OF VISITORS..	..	..	..	..	..	iii
2. HOUSE COMMITTEE..	..	..	..	..	..	iv
3. OFFICERS OF THE ASYLUM	..	..	..	..	..	iv
4. REPORT OF COMMITTEE OF VISITORS	..	..	..	..	..	5
5. REPORT OF MEDICAL SUPERINTENDENT, WITH TABLES						9
6. REPORT OF CHAPLAIN	..	..	..	..	..	29
7. ACCOUNT OF TREASURER	..	..	..	..	..	34
8. THE ESTABLISHMENT	..	..	..	..	..	49

# Committee of Visitors.

---

CHARLES GRAY ROUND, ESQUIRE, CHAIRMAN  
AND TREASURER,

THOMAS WM. BRAMSTON, ESQUIRE, M.P.,

THOMAS BURCH WESTERN, ESQUIRE,

THE REV. JOHN HEATLEY LEWIS, CLERK,

MAJOR SKINNER, R.A.

THE REV. HASTINGS ROBINSON, D.D.

JOHN GURNEY FRY, ESQUIRE,

JOHN DAVIS, ESQUIRE,

THE REV. JOHN PEARSON, CLERK,

NATHANIEL CLARKE BARNARDISTON,  
ESQUIRE,

SIR RICHARD DIGBY NEAVE, BART.,

JOHN WATLINGTON PERRY WATLINGTON,  
ESQUIRE,

CAPTAIN PELLY, R.N.,

RICHARD BAKER WINGFIELD BAKER,  
ESQUIRE, M.P.,

SIR THOMAS BARRETT LENNARD, BART.,

*For the County.*

EDWARD WILLIAMS, ESQUIRE,

JOSEPH COOKE, ESQUIRE,

*For the Borough of  
Colchester.*

JOHN PAYNE, ESQUIRE,

*For the Borough of  
Maldon.*

THOMAS SMITH, ESQUIRE,

HENRY BURROWS, ESQUIRE,

*For the Borough of  
Saffron Walden.*

JAMES PARKER, Clerk to the Visitors.

# House Committee

FOR THE YEAR 1859.

---

THE REV. JOHN HEATLEY LEWIS, CHAIRMAN.

THOMAS WILLIAM BRAMSTON, ESQUIRE, M.P.

THE REV. JOHN PEARSON,

THE REV. HASTINGS ROBINSON, D.D.

JOHN GURNEY FRY, ESQUIRE,

NATHANIEL CLARKE BARNARDISTON, ESQUIRE,

RICHARD BAKER WINGFIELD BAKER, ESQUIRE, M.P.

SIR THOMAS BARRETT LENNARD, BART.

## Officers.

---

D. C. CAMPBELL, ESQUIRE, M.D.	..	..	..	..	..	Resident Medical Superintendent.
DR. MAUDSLEY	..	..	..	..	..	Medical Assistant.
THE REV. JOSEPH SOWTER	..	..	..	..	..	Chaplain.
MR. CHARLES RAYNER	..	..	..	..	..	Steward and Clerk to the Asylum.
MRS. CRABB	..	..	..	..	..	Matron.
MRS. SMITH	..	..	..	..	..	Sub-Matron.

# REPORT OF THE COMMITTEE OF VISITORS.

*To Her Majesty's Justices of the Peace in Quarter Session assembled, at Chelmsford, in and for the County of Essex on Tuesday, the 4th day of January, 1859.*

*The Justices elected at the General Quarter Session of the Peace, holden on the 5th day of January, 1858, and at subsequent Quarter Sessions, as a Committee on behalf of the County of Essex, during the year next ensuing, for the purposes of the Asylum, erected for the Pauper Lunatics of the said County and the united Boroughs of Colchester and Maldon, pursuant to the Act of Parliament 8th and 9th Vict. c. 126, present this, their Annual Report, conformably with the provisions of the Lunatic Asylums Act, 1853, s. 62.*

The Court will observe that when the Committee, in the year 1849, determined to erect an Asylum capable of receiving 400 patients, they did not do wrong in taking advantage of an opportunity which presented itself, as the works proceeded, of securing accommodation at a small expense for 50 more. The increase in the number of Patients year by year stands as follows:—

There were in the Asylum—

On the 25th December, 1854—	Males 124—	Females 183—	307
On the 25th December, 1855—	„ 139—	„ 195—	334
On the 25th December, 1856—	„ 156—	„ 214—	370
On the 25th December, 1857—	„ 166—	„ 233—	399
On the 25th December, 1858—	„ 168—	„ 238—	406

The following are the general results of the year 1858:

	Males.	Females.	Total.
Patients in the Asylum, 25th December, 1857	166	233	399
Admitted during the year .. ..	64	71	135
Under treatment during the year .. ..	230	304	534
Removed, &c., during the year, viz.:—			
Recovered ..	39	36	75
Improved ..	3	4	7
Unimproved ..	1	2	3
Escaped ..	1	0	1
Died .. ..	18	24	42
Remaining in the Asylum 25th Dec. 1858.	168	238	406



In their last Report for 1857, the Committee informed the Court of the necessity which had arisen for providing increased accommodation for female Patients, and of the directions which they had given for procuring the furniture and the articles required for the additional ward. The expense incurred for these purposes amounts to £222. 5s. 3d., of which the share that falls upon the county is £205. 0s. 6d.

The plans of the County Surveyor for the enlargement and improvement of the laundry department, to which the Court was pleased to give its approval at Midsummer, 1857, have been carried out under his direction, greatly to the increase of the comfort and convenience of the establishment. The difficulties and evils which compelled the Committee to apply to the Court for its assistance, have been effectually removed.

At its first Meeting, on the 18th of January, the Committee directed the sum of £150, £3 per cent. consols, to be purchased with a portion of the money subscribed towards the Benevolent Fund. In addition to the large supply of gowns, dresses, shirts. &c. made within the Asylum, for the use of the Patients, needlework has been made and sold almost sufficient, with the dividend on the money invested, to meet all the demands upon that fund. The Committee believe they may say they have been liberal in the distribution of the Benevolent Fund. Of this they are sure, that the benefit which many of the recipients have derived from it, is very great.

In their Report for 1857, the Committee set forth the observations made upon the state of the Asylum by two of the Commissioners in Lunacy, on the 3rd of July in that year. On the 10th of December last, the Asylum was again visited by two of the Commissioners, who entered the following minute in the book kept for that purpose.—

“ ESSEX COUNTY ASYLUM,  
DECEMBER 10th, 1858.

“ We have officially visited this Asylum, and have seen all the Patients; there are 169 men and 236 women, (including two out upon trial,) and of these, ten are private Patients. We learn that there are now thirteen Patients here who belong to parishes not within the County, viz.:—from Poplar, 2; Shoreditch, 3; County of Middlesex, 1; Poole, 1; Ware, 3; St. Saviour's, 2; Preston, 1.

“ Since our last visit, it appears that 196 Patients have been

admitted, of whom seven were private; and within the same period there have been 105 discharges, and 71 deaths. The causes of death do not call for any special remark, except that as many as 22 of the Patients died from paralytic affections. Dr. Campbell informs us that a large number of the Patients are admitted in a most feeble and emaciated condition, many of them labouring under general paralysis.

“ We found no Patient under restraint or in seclusion. With regard to restraint, we learn that it has never yet been used in this Asylum, and judging from the entries in the Medical journal seclusion is very sparingly resorted to.

“ The general health is now pretty good, although there are many Patients who are in feeble bodily health. Twenty-five Patients are under medical treatment.

“ We are glad to observe that the dietary is of a good and nutritious description—a matter of the greatest importance, as affecting most materially not only the rate of mortality, but also the recovery of the Patients.

“ The bedding and clothing were very good and clean, and we are glad to find that all the Patients have better suits for Sunday.

“ Divine service is performed twice on Sunday, and prayers are read daily in the chapel; the average attendance appears to be about 210 on Sundays, and 100 on week days.

“ A table is kept recording the number of Patients of both sexes, who are employed. Thus it appears that yesterday 38 men were occupied on the land, 1 as bricklayer, 3 carpenters, 1 engineer, 2 tailors, 7 shoemakers, 36 in household work, and 15 in reading, writing, and drawing. Of the women, 33 were in the laundry, 5 in the kitchen, 43 were engaged in needlework and knitting, 27 in household work, and 13 in reading, writing, &c.

“ We think it would be of advantage both to the Patients and the economy of the Institution, if a larger number of the male Patients especially, were systematically employed; all the clothes, matting, mats, baskets, &c., might be made by the Inmates.

“ The wards were throughout clean, properly ventilated, and sufficiently warmed by good open fire-places. The furniture is good and suitable, and the stock of books, games and amusements, appears to be ample.



“ The Ward, No. 1, is now occupied by women; and we think that it would be greatly improved, if the tile floors were replaced by wood.

“ We would also suggest, that the windows of the infirmaries on both sides of the house should be lowered. These infirmaries have lately been papered, and are thereby greatly improved.

“ An unusually large number of the Patients complained to us, that they were rarely or never visited by their friends, and on enquiry, we found that these complaints were well founded. We beg to direct the attention of the Committee of Visitors to this most important subject, in the hope that they will take such steps as they may deem expedient, to promote the more frequent and regular visits of all the Patients' friends.

“ We noticed that the Attendants, both male and female, were of a very respectable class, and apparently efficient in the performance of their duties; and we are informed by Dr. Campbell that but few changes occur, this we attribute to liberal wages, which the Visitors most properly allow them.

“ We would suggest the employment of a man and his wife as attendants in the male infirmary,—this arrangement has been found of great advantage in other Asylums.

“ In conclusion, we have to record our opinion that the well-being and comfort of the Patients are fully attended to, and the condition of the Institution continues to show that it receives the best attention of the Committee of Visitors and the Medical Superintendent.

“ W. G. CAMPBELL.

“ JAMES WILKES.

“ COMMISSIONERS IN LUNACY.”

The Committee have great difficulty in attempting to devise any plan, by which they may promote the more frequent and regular visits of the friends of the Patients. They are enabled to state that 1499 persons have been at the Asylum within the last year, for the purpose of seeing their relations and friends.

CHARLES G. ROUND, CHAIRMAN.

J. H. LEWIS.

T. B. WESTERN.

N. C. BARNARDISTON.

JOHN PEARSON.

T. W. BRAMSTON.

JOHN DAVIS.



# REPORT OF THE MEDICAL SUPERINTENDENT.

---

TO THE CHAIRMAN AND VISITORS OF THE ESSEX  
LUNATIC ASYLUM.

GENTLEMEN,

The Report, which it now becomes my duty as Medical Superintendent of this Institution to lay before you, will, I venture to think, be found to exhibit a combination of results, which warrants me to announce that during the past year it has been conducted with the same success which has hitherto marked its progress; and the prosperity which it has all along enjoyed, seems to justify very sanguine anticipations as to its future utility.

A smaller number of Patients has been admitted during this, than during the previous year; and although the opportunities of affording relief or benefit have accordingly been comparatively less, yet I have had better reason to be satisfied with the general aspect of the cases. Fewer of them have presented the irremediable consequences of previous mismanagement or delay. Fewer were admitted in a dying state; but as formerly, several with the unfortunate complications of epilepsy and paralysis. Still I cannot omit the opportunity of again pressing upon the attention of the Public, the importance of early medical superintendence, and the unhappy consequences which arise from the delay too frequently prompted by mistaken affection and short-sighted economy. It is at the commencement of the disease that medical treatment is most obviously demanded, and most likely to be efficacious; and the separation of Patients from their friends has been found, in many instances, to operate favourably. They come to think of what brought them to such a place, among strangers; they become more anxious on the subject of their immediate relations—

the reason for leaving them, &c., which frequently gives a turn to their thoughts and a check to their former proceedings.

The Statistics of the year have been exhibited, as usual, in a series of Tables, which are annexed; and in drawing up which, the same plan has been adopted as in last year's Report.

On the 25th December, 1857, there were in the Asylum 399 Patients, namely, 166 Males, and 233 Females.

The admissions in the course of this year have been 135; viz., 64 Males and 71 Females; and the total number under treatment in the course of the year was 534.

During the same period 75 Patients have been discharged recovered; 7 were removed improved; 3 unimproved; 1 escaped; and 42 died.

There now remain in the House 168 Males and 238 Females—total 406; the daily average number was 395, being 7 more than last year.

The recoveries show a proportion of 55 per cent. to the total number of admissions; and the mortality is 10 per cent. on the average number resident.

As might be expected, the number of recoveries and deaths recorded in the yearly Report of a Lunatic Asylum, always, in a great measure, depends on the state of the Patients admitted during the year.

In an interesting article on the Statistics of Lunatic Asylums, by the Medical Superintendent of the Warwickshire Asylum, he found that out of twenty-two County Asylums, after they had been long enough in operation to collect the mass of chronic cases that had accumulated in the County prior to their being opened, whose Statistics were tabulated for five years, and the aggregate of whose daily average number of inmates was 7906; the following were the results, as regards recoveries and deaths. He states, "The mortality for the five years is 4459, or 11-27 per cent. per annum, on the average number resident; the admissions, including re-admissions for the same period, amount to 13418, and the recoveries to 5758, showing a proportion of 42-9 per cent. to the total number of admissions.

"Of the twenty-two Asylums under consideration, those whose recoveries are above the average, are the Suffolk 51-6; Leicester 49-8; Nottingham 47-4; Devon 45-7; Cheshire 44-2; Salop and Montgomery 44-2; Stafford 43-6; and Cornwall 43-4. Those whose



recoveries are below the average, are the North Wales 28-1; Beds. and Herts. 28-5; Hanwell 28-6; Norfolk 30-4; Northampton 31; Kent 31-5; Somerset 33-98; Surrey 35-3; North and East Riding of York 35-5; Dorset 38-3; Gloucester 39; Oxford and Berks. 39-2; Lancaster 40-7; and West Riding of York 41-7.

“The Asylums whose mortality is below the average, are the Hanwell 6-3; Nottingham 7-4; North and East Riding of York 7-8; Dorset 8-1; Devon 9; Lancaster 9-9; Stafford 9-9; Oxford and Berks. 10-1; Salop and Montgomery 10-5; North Wales 10-6; Beds. and Herts. 10-6; and Gloucester 10-97. Those with a mortality above the average, are the West Riding of York 21-2; Somerset 14-1; Suffolk 13-2; Cornwall 13; Surrey 12-1; Norfolk 12-2; Leicester 12-2; Northampton 12-1; Kent 12; and Cheshire 11-4.”

In regard to the occupation and amusements of the Patients, I can recall little of any moment to which I have not already alluded in former reports, there having been more done of late to give extended facilities for such as were already in use, than to devise new ones.

Want of employment, being in most cases highly prejudicial, every effort is made to prevail on the Patients to engage in some occupation. A large number of the Males are, with great benefit to themselves, employed in gardening and other out-of-door labour; some assist the Carpenter, Engineer and Bricklayer; several are employed with the Shoemaker and Tailor. The whole internal parts of the Asylum were white-washed by the Patients during the summer, and not a few give their services in the work of the galleries.

A considerable number of the Females are employed in the washing-house, laundry, linen room, and kitchen; also, at needlework, knitting and embroidery; and a number of them assist the Servants in the work of the House.

These occupations, when regular and adapted to the habits of the Patient, not only divert the mind from its delusions, but frequently put an end to that restlessness which attends so many forms of insanity.

In addition to the amusements formerly provided, and to the usual walking excursions into the country, which are so much enjoyed by the Patients, more distant Pic-Nic parties were made to Purfleet, during the fine weather, which were sources of much pleasure, both in prospect and retrospect, and were attended with so good effect on



their minds, that I am desirous during the current season, to see them repeated.

A spacious bowling green has also been formed by the labour of the Inmates, providing additional scope for their recreation and amusement during the long summer evenings, and for which purpose Lord Headly, in the most liberal manner, granted a supply of turf from his property.

There have been many attempts at escape made in different ways, but only one has been permanently successful. He was much improved when he left the Institution, and would soon have been discharged. He has returned to his own parish, and as the Authorities have not considered it necessary to procure fresh papers for his re-admission, it is presumed, that his improvement proceeds favourably.

The suicidal cases have been very numerous, and some of them of a very determined character; but open dormitories and constant employment, with supervision by well selected Attendants, deprived of its offensive character by a participation in their various duties and amusements, has prevented the occurrence of self-destruction.

The mortality during the year calls for no particular comment. Of those who died, four were in a sinking state on admission; fifteen died of general paralysis and paralysis; five of phthisis; six of epilepsy; and eight averaged upwards of seventy years of age—consequently whose deaths, in the course of nature, could not have been far distant.

In former reports I bore testimony to the good effects of religious worship on the minds of the Insane, and further experience continues to warrant my former sentiments. In many instances the personal and private, as well as public ministrations of the Chaplain, have carried comfort and consolation to the minds of many Patients, who are occasionally troubled with distressing apprehensions on religious subjects; the more so, from the manner in which he carefully avoids everything that is conceived to have a tendency to agitate their minds; and from the pains which he takes to present them, with plain soothing and practical views of Divine truth.

Several of the Patients who were discharged recovered, have since visited the Asylum to see their old companions, and one who dreaded a second attack, walked to the Asylum from a considerable distance, requesting to be re-admitted for a short time, in order to have the

threatened attack warded off. Such cases are satisfactory; showing, as they do, that Patients who have resided in the Asylum, instead of reflecting on it as a prison in which penance is undergone, or punishment suffered, betray an interest by returning to visit it, and look upon it as a place of refuge, to which they can go when they feel themselves in danger of a return of their malady.

Several necessary improvements have been made calculated to advance the comfort of the Patients, the most important of which is the enlarged accommodation for washing, with the new laundry and drying-houses, and which are found to be admirably well calculated for the purpose.

On account of the very low state of bodily health in which most of the Patients are, when brought to the Asylum, I considered it desirable with a view to its producing a curative effect, to recommend a nourishing and generous diet; and although it makes the maintenance charge a little higher than it would otherwise be, I believe it will be found consistent with correct and enlarged views of true economy.

It would much exceed the limits of this Report, and perhaps be beyond its precise object, to attempt an account either of all the various causes of insanity, the particular treatment in each case, or of the peculiarities by which it is characterised. Having been frequently, however, addressed by the friends of Patients, and Boards of Guardians, as to the propriety of particular Patients being confined as Lunatics, under the impression that if they are capable of being employed in the Asylum, they are fit to be at large—I beg to state that no idea can be more fallacious. Several Patients are now in the Asylum and employed in different ways, whom it might not be easy at all times to prove to be insane, and yet whose minds have long been incurably unsound; and who, if liberated, would be exceedingly troublesome and dangerous to Society.

When on this subject, I cannot avoid expressing my regret that the Guardians of Unions do not take advantage of the 65 sec. of the Act of Parliament, 16 & 17 Vic. cap. 97, viz.:—"Any Physician, Surgeon or Apothecary to be appointed by the Guardians of any Union or Parish, or the Overseers of any Parish, and also the Guardians of any Union or Parish, and the Overseers of any Parish, shall



be permitted whenever they see fit, between the hours of eight in the morning and six in the evening, to visit and examine any or every Pauper Lunatic chargeable to such Union or Parish confined in any Asylum, Registered Hospital, or Licensed House. Provided always, that if the Medical Officer of any Asylum be of opinion that it will be injurious to any Lunatic to permit such visit and examination, and such Medical Officer state in writing the reasons why such Lunatic should not be visited and examined, and sign such statement, and deliver the same to the Person or Persons so requiring to visit and examine such Lunatic, then and in such case, it shall be lawful for such Medical Officer to refuse such visit and examination. And in every such case, such Medical Officer shall forthwith enter in the Medical Journal, the reasons set forth in such statement, for such refusal, and shall sign such entry."

Since the opening of the Asylum, only two Boards of Guardians have availed themselves of it, viz., those of Billericay and Romford. Such visits would go far to confirm them in the sentiment of approbation, so generally expressed by those who are acquainted with the management of the Institution, and to remove the erroneous ideas regarding the internal economy of Asylums, still so current.

They would see the advantages which such Institutions afford to the Insane Poor, although attended with a little more expense when compared with their treatment in former days. They would see that gentleness, candour, exercise, and useful labour, have now succeeded to harshness, deception, inactivity, and rest. That the hands which were formerly bound, some of them bearing the marks which their fetters had produced, are now handling the spade; the mind that was once bewildered by the arts of false representation, is now soothed by the voice of truth; the solitude and rest which once benumbed the faculties and rendered torpid all the energies, are now exchanged for the enjoyments of social life; and the heart once sunk in the gloom of religious melancholy, is now gladdened by the sound of praise.

Of the Patients who were discharged recovered, I regret to state, that five have relapsed; two from a renewal of the original cause, namely: intemperance; one through unkind treatment from her husband; and a fourth, although carefully warned of the consequences if she did not guard against a return to a dissolute course of life, soon



after leaving the Asylum, entered into every kind of dissipation.

I cannot omit to notice one of the most common occasions of relapses in the cases of Pauper Patients discharged from an Asylum, and that is, the difficulty of at once procuring employment, and the hardships to which the want of a little pecuniary assistance is apt to subject them, and which, in the delicately balanced state of their nervous system, is apt to operate with more than usual severity. With the view of preventing such a result, a Fund was established, having for its object the relief of the destitute Insane on their discharge. I perceive that there are many in the County who have never contributed to this Fund. Permit me to say, that it is not now of doubtful utility, for the benefits which result from it are established by the experience of two years. It will be pleasing to the Benefactors to learn, that since the Fund was established, about fifty otherwise in poverty or friendless, have been assisted in sums varying from five shillings to three pounds; whilst a statement of the beneficial consequences which flow from it excite the hope that the example will be generally followed. The following cases will serve as examples.

A Female Patient, aged 39, was admitted into the Asylum, in July, 1856, at that time much depressed and highly suicidal. She left the Asylum, in May, 1857, recovered. Before leaving, she expressed much anxiety regarding how she could live, as she had no means. This Patient received £3 from the Fund, with which she procured a few necessary articles to commence as a stay-maker. From this small assistance, she was enabled to get employment, and she has since supported a large family.

A Male Patient was admitted into the Asylum, in June, 1858, and left well, in August. On recovering, his great anxiety seemed to be, how he was to support his family of eight children, after returning home, as he feared people would be at first shy of giving him employment. This man received £2 from the Fund; his gratitude was very great; to use his own words, "God has indeed found me friends in my affliction."

A Female Patient was brought to the Asylum, in July, 1857, at which time she was much depressed, and had made a determined attempt to destroy herself. After six months treatment, she improved very much in her mental state, but always complained of feeling un-

happy. In conversation one day, she stated to me, that her husband had died eleven months before she came to the Asylum, and that she was in debt to the amount of several pounds, and she felt that if she again returned home, to use her own words, "her creditors would be down upon her." I told her that perhaps the Committee of Visitors would be able to assist her from the Benevolent Fund. From that time she became more cheerful, and soon afterwards left the Asylum. A statement of her debts having been procured, it was found that they amounted to a larger sum than could be paid for one individual; but the creditors having consented to take a part, and give a receipt in full, the matter was settled. She left the Asylum cheerful and happy, immediately commenced as a laundry woman, and has since supported herself and children. I have no hesitation in saying, that anxiety regarding her debts was the cause of her first attack, and had she returned home without this exciting cause being removed, harassed by poverty, and the cries of her starving children, the mind of this unfortunate creature would have again sunk under her many miseries, and her end most probably would have been self-destruction.

I may mention another class of Patients, in which such a Fund becomes almost a necessity, in order to assist them in leaving the Asylum. I refer to Patients who are found wandering, and have no fixed place of settlement, consequently when discharged, are otherwise without home, employment, or food.

The following are extracts from letters sent by Patients, who received assistance from the Fund:—

"Honoured Sir,

"Feeling it to be my duty to express my gratitude to the Committee and yourself, for all your kindness, I write to let you know, that after a short time, during which I lived on the money you gave me, I got employment at 2s. per day, and I continue well."

"Sir,

"I beg to express my gratitude for all the kindness I received at Brentwood Asylum.

"Painful and pleasurable feelings come into my mind; painful from the circumstances which placed me there, and pleasurable from the kindness I received when in the Asylum, and for the last act of the Committee when they gave me the pecuniary assistance, and



which tended much to alleviate the anxiety I should have felt on coming home till I got work."

"Honoured SIR,

"I am truly thankful to inform you, that I have obtained a situation; I so dreaded having to go to the Union. Words would fail to express the gratitude I have felt both to yourself, and the Committee, for the money I had on leaving. It has helped me in so many ways. I sincerely trust that the Almighty will bless and prosper you all, for your kindness to me, and others committed to your care."

Should these beneficial results meet the eye of those who are not ashamed of being friends to the poor and needy, and who feel that charity in every form is its own reward, I have no apprehension of failure. The experience of the past forbids me to harbour such a heartless idea. I ask not a monopoly of benevolence; but where will be found anything more worthy of a share of it. In the language then of respectful application, I invite all,—for even the Widow's mite will have its use and its blessing—to contribute to this Fund, not to please man, but from a persuasion that it is a debt we owe, and which consequently, it is a duty to pay, for the relief of our afflicted brethren.

In conclusion, I beg to express to you my thanks, for the assistance and support I have received in the performance of my frequently very anxious duties.

I am,

Gentlemen,

Your obedient Servant,

D. C. CAMPBELL, M.D.

MEDICAL SUPERINTENDENT.

*December 29th, 1858.*



# TABLES.

## TABLE, No. 1.

### GENERAL RESULTS OF THE YEAR.

	MALES	FEMALES	TOTAL
Patients in the Asylum, 25th December, 1857 ..	166	233	399
Admitted during the year .. .. .	64	71	135
Under Treatment during the year .. ..	230	304	534
Removed, &c., during the year, viz. :—			
	MALES	FEMALES	TOTAL
Recovered .. .. .	39	36	75
Improved .. .. .	3	4	7
Unimproved .. .. .	1	2	3
Escaped .. .. .	1	0	1
Died .. .. .	18	24	42
Remaining in the Asylum, 25th December, 1858	168	238	406

## TABLE, No. 2.

### SHOWING THE AGES OF PATIENTS ADMITTED DURING THE YEAR.

	MALES	FEMALES	TOTAL
From 10 to 20 years .. .. .	2	5	7
„ 20 to 30 „ .. .. .	14	15	29
„ 30 to 40 „ .. .. .	17	19	36
„ 40 to 50 „ .. .. .	15	13	28
„ 50 to 60 „ .. .. .	9	10	19
„ 60 to 70 „ .. .. .	1	3	4
„ 70 to 80 „ .. .. .	4	3	7
„ 80 to 90 „ .. .. .	1	0	1
Not ascertained .. .. .	1	3	4
	64	71	135

TABLE, No. 3.

SHOWING THE SOCIAL CONDITION OF THE PATIENTS  
ADMITTED DURING THE YEAR.

	MALES	FEMALES	TOTAL
Single .. .. .	30	33	63
Married .. .. .	26	32	58
Widowed .. .. .	7	5	12
Not ascertained .. .. .	1	1	2
	64	71	135

TABLE, No. 4.

SHOWING THE RELIGIOUS DENOMINATIONS OF THE PATIENTS  
ADMITTED DURING THE YEAR.

	MALES	FEMALES	TOTAL
Church of England .. .. .	41	47	88
Dissenters—Sect unknown .. .. .	5	5	10
Independent .. .. .	2	4	6
Wesleyan .. .. .			
Baptist .. .. .	2	2	4
Roman Catholic .. .. .	2	2	4
Unknown .. .. .	12	11	23
Total .. .. .	64	71	135

TABLE, No. 5.

SHOWING DURATION OF INSANITY IN THE CASES ADMITTED  
BEFORE THEY WERE BROUGHT TO THE ASYLUM.

	MALES	FEMALES	TOTAL
Not exceeding one month .. .. .	25	15	40
Between 1 and 2 months .. .. .	10	11	21
„ 2 and 3 „ .. .. .	2	7	9
„ 3 and 4 „ .. .. .	1	3	4
„ 4 and 5 „ .. .. .	2	2	4
„ 5 and 6 „ .. .. .		5	5
„ 6 months and one year .. .. .	5	4	9
„ 1 year and 2 years .. .. .	2	5	7
„ 2 „ 3 „ .. .. .	2	4	6
„ 3 „ 4 „ .. .. .		3	3
„ 4 „ 5 „ .. .. .	1	1	2
„ 5 „ 10 „ .. .. .	3	2	5
„ 10 „ 20 „ .. .. .	1	1	2
From birth .. .. .	3	2	5
Unknown .. .. .	7	6	13
Total .. .. .	64	71	135

TABLE, No. 6.

FORM OF INSANITY IN THE CASES ADMITTED DURING THE  
YEAR.

	MALES	FEMALES	TOTAL
Mania .. .. .	32	35	67
Monomania .. .. .			
Melancholia .. .. .	21	24	45
Dementia .. .. .	9	11	20
Amentia .. .. .	2	1	3
Total .. .. .	64	71	135

TABLE, No. 7.

NUMBER OF ATTACKS IN THE CASES ADMITTED DURING THE  
YEAR.

	MALES	FEMALES	TOTAL
Cases of first attack .. .. .	44	49	93
Cases of more than one attack .. .. .	16	18	34
Cases not ascertained .. .. .	4	4	8
	64	71	135



TABLE, No. 8.

ADMISSIONS, DISCHARGES, DEATHS, &c., DURING EACH MONTH  
IN THE YEAR, AND DAILY AVERAGE NUMBER EACH MONTH.

	ADMISSIONS		DISCHARGES REMOVALS, &c.		DEATHS		DAILY AVERAGE		
	M	F	M	F	M	F	M	F	TOTAL
1857.									
December 25th to 31st..	4	1	1				$167\frac{3}{6}$	$233\frac{3}{6}$	401
1858.									
January .. ..	7	4	3	7	2	2	$171\frac{1.8}{3.1}$	$233\frac{.8}{3.1}$	$404\frac{2.6}{3.1}$
February .. ..	2	4	2			4	$170\frac{1.7}{2.8}$	$228\frac{1.9}{2.8}$	$399\frac{1.8}{2.8}$
March .. ..	6	2	12	5	1	2	$165\frac{2.5}{3.1}$	$227\frac{1.8}{3.1}$	$393\frac{1.2}{3.1}$
April .. ..	1	6	2	4	2	4	$163\frac{1.5}{3.0}$	$222\frac{.8}{3.0}$	$385\frac{2.3}{3.0}$
May .. ..	4	4	1	2	6		$158\frac{.4}{3.1}$	$223\frac{.8}{3.1}$	$382\frac{1}{3.1}$
June.. ..	5	7	4	4	4	3	$155\frac{.6}{3.0}$	$224\frac{1.4}{3.0}$	$379\frac{2.0}{3.0}$
July .. ..	8	7		3	1	3	$159\frac{.2}{3.1}$	$225\frac{1.2}{3.1}$	$384\frac{1.4}{3.1}$
August .. ..	9	13	5	3			$163\frac{2.2}{3.1}$	$230\frac{1.9}{3.1}$	$394\frac{1.0}{3.1}$
September .. ..	5	7	2	4		2	$166\frac{2.2}{3.0}$	$236\frac{1.2}{3.0}$	$403\frac{.4}{3.0}$
October .. ..	4	6	2	1	1	2	170	$238\frac{.8}{3.1}$	$408\frac{.8}{3.1}$
November .. ..	3	5	4	6	1	2	$169\frac{2.1}{3.0}$	$240\frac{2.0}{3.0}$	$410\frac{1.1}{3.0}$
December 25th ..	6	5	6	3			$168\frac{1.9}{2.5}$	$236\frac{.5}{2.5}$	$404\frac{2.4}{2.5}$
Total .. ..	64	71	44	42	18	24	$165\frac{.87}{3.65}$	$230\frac{2.02}{3.65}$	$395\frac{2.89}{3.65}$

Daily Average Number, 1855.. .. 321

Ditto 1856 .. .. 353

Ditto 1857.. .. 388

Lowest Number during the Year 1858 .. .. 377

Highest ditto .. .. 413

TABLE, No. 9.

OCCUPATIONS, OR STATIONS IN LIFE OF PATIENTS ADMITTED  
DURING THE YEAR.

	MALES	FEMALES	TOTAL
Labourers and Wives and Widows of Labourers	36	20	56
Servants .. .. .		23	23
Tailor .. .. .	1		1
Housekeeper .. .. .		1	1
Carpenters and Wives of .. .. .	2	2	4
Farmers .. .. .	3		3
Needlewoman .. .. .		1	1
Sailors .. .. .	2		2
Wives of Factory Workers .. .. .		3	3
Shoemaker .. .. .	1		1
Relieving Officer .. .. .	1		1
Soldiers .. .. .	3		3
Wife of Gardener .. .. .		1	1
Horsekeeper .. .. .	1		1
Glazier .. .. .	1		1
Blacksmith .. .. .	1		1
Wife of Porter .. .. .		1	1
Laundress .. .. .		2	2
Railway Clerk and Wife of .. .. .	1	1	2
Publicans .. .. .	3		3
Daughter of an Engineer .. .. .		1	1
Coal Carter and Wife of .. .. .	1	1	2
School Teacher .. .. .		1	1
Wife of Auctioneer .. .. .		1	1
Corn Merchant .. .. .	1		1
Silk Printer .. .. .	1		1
Shepherd .. .. .	1		1
Hawker .. .. .	1		1
Charwoman .. .. .		1	1
Unknown, or No Occupation .. .. .	3	11	14
Total .. .. .	64	71	135

TABLE, No. 10.

SUPPOSED CAUSES OF THE DISEASE IN THE CASES ADMITTED  
DURING THE YEAR.

	MALES	FEMALES	TOTAL
Hereditary .. .. .	6	19	25
Intemperance .. .. .	14	6	20
Epilepsy .. .. .	2	6	8
Paralysis .. .. .	5	3	8
Jealousy .. .. .	1		1
Poverty .. .. .	7	3	10
Matrimonial Disappointment .. .. .	1	2	3
Religious Excitement .. .. .	2	1	3
Injury of Head .. .. .	1	1	2
A Miscarriage .. .. .		1	1
Old Age .. .. .	2		2
Congenital .. .. .	2	1	3
Family Disagreement .. .. .		1	1
Fever .. .. .	3	2	5
Death of Brother .. .. .		1	1
Child Birth .. .. .		2	2
Cruelty of Husband .. .. .		1	1
A Fright .. .. .		1	1
Anxiety .. .. .		1	1
Illegitimate Child and Desertion of Father..		1	1
Domestic Unhappiness .. .. .		1	1
Grief .. .. .		1	1
Death of a Child .. .. .		1	1
Death of Wife .. .. .	1	0	1
Unknown .. .. .	17	15	32
Total .. .. .	64	71	135



TABLE, No. 11.

DURATION OF INSANITY PREVIOUS TO ADMISSION IN THE  
CASES DISCHARGED RECOVERED.

	MALES	FEMALES	TOTAL
One week .. .. .	14	7	21
Under 2 weeks .. .. .	1	3	4
„ 3 „ .. .. .	2	2	4
„ 4 „ .. .. .	1	1	2
„ 2 months .. .. .	6	3	9
„ 3 „ .. .. .	4	4	8
„ 6 „ .. .. .	1	2	3
„ 9 „ .. .. .	2	3	5
„ 18 „ .. .. .	3	2	5
„ 2 years .. .. .			
„ 3 „ .. .. .	1		1
„ 4 „ .. .. .	2	2	4
Six years and upwards..		3	3
Unknown .. .. .	2	4	6
Total .. .. .	39	36	75

TABLE, No. 12.

LENGTH OF TIME THE PATIENTS DISCHARGED RECOVERED  
WERE UNDER TREATMENT IN THE ASYLUM.

	MALES	FEMALES	TOTAL
Under One month .. .. .	3	2	5
Between 1 and 2 months .. .. .	6	1	7
„ 2 „ 3 „ .. .. .	6	4	10
„ 3 „ 4 „ .. .. .	4	2	6
„ 4 „ 5 „ .. .. .	4	1	5
„ 5 „ 6 „ .. .. .	3	3	6
„ 6 „ 7 „ .. .. .	1	3	4
„ 7 „ 8 „ .. .. .		3	3
„ 8 „ 9 „ .. .. .	3	1	4
„ 9 „ 10 „ .. .. .	0	1	1
„ 10 „ 12 „ .. .. .		4	4
„ 1 year and 18 months .. .. .	3	3	6
„ 18 months and 2 years .. .. .	3	0	3
„ 2 years and 3 years .. .. .	3	5	8
Since opening of Asylum .. .. .		3	3
Total .. .. .	39	36	75

## TABLE, No. 13.

## OBITUARY.

NO.	SEX	AGE	FORM OF INSANITY	IN THE ASYLUM	CAUSE OF DEATH	STATE ON ADMISSION	UNION
1	F.	29	Dementia	51 months	Paralysis	Subject to epileptic fits for many years	Chelmsford
2	F.	45	Dementia	15 months	Paralysis	Suffering from paralysis	Tendring
3	M.	51	Melancholia	22 days	Pneumonia	Exhausted, had refused food for 3 weeks	Dunmow
4	M.	47	Melancholia	5 weeks	Bronchitis	Good health	Epping
5	F.	31	Dementia	9 months	Phthisis	In a very emaciated condition	Epping
6	F.	65	Melancholia	8 months	Natural decay	In a very weak state	Lexden and Winstree
7	F.	58	Melancholia	36 months	Marasmus	In a very weak state	Colchester
8	F.	38	Melancholia	7 months	Abscess	In feeble health	West Ham
9	M.	58	Dementia	10 months	General paralysis	Perfectly helpless from paralysis	Romford
10	F.	60	Melancholia	54 months	Paralysis	Good health	Colchester
11	F.	29	Mania	41 months	Epilepsy	Subject to epileptic fits for many years	Sudbury
12	F.	36	Dementia	15 months	Paralysis	Was helpless from paralysis	West Ham
13	F.	45	Melancholia	6 months	Marasmus	In a very weak state	Chelmsford
14	M.	48	Mania	39 months	Peritonitis	In good health	Billericay
15	F.	25	Melancholia	3 months	Phthisis	Subject to epileptic fits	Saffron Walden
16	F.	74	Dementia	7 days	Old age	In a sinking state	Colchester
17	M.	58	Mania	6 months	General paralysis	Perfectly helpless from paralysis	Orsett
18	M.	46	Dementia	44 months	General paralysis	In a very weak state	Colchester
19	M.	41	Mania	55 months	Phthisis	Good health	Maldon
20	M.	80	Dementia	4 months	Natural decay	Perfectly helpless	Tendring
21	M.	30	Amentia	2 years	Epilepsy	Subject to epileptic fits for many years	Lexden and Winstree
22	M.	51	Mania	6 months	Pneumonia	Good health	Bishop Stortford
23	M.	14	Dementia	8 months	Epilepsy	Subject to epileptic fits for many years	Lexden and Winstree
24	M.	36	Dementia	4 years	Epilepsy	Subject to fits for many years	Epping
25	F.	39	Melancholia	6 weeks	Exhaustion and Melancholia	In good health	Saffron Walden
26	M.	61	Dementia	18 months	General paralysis	Perfectly helpless from paralysis	Private
27	F.	58	Dementia	3 days	Exhaustion from abstinence before admission	In a sinking state	Chelmsford
28	M.	35	Mania	13 months	General paralysis	Paralytic and very feeble	Colchester
29	M.	52	Mania	6 months	General paralysis	Paralytic and feeble	Tendring
30	F.	51	Mania	56 months	Diarrhæa	Good health	Orsett
31	F.	52	Melancholia	8 days	Paralysis	In a sinking state	Saffron Walden

## OBITUARY—CONTINUED.

NO.	SEX	AGE	FORM OF INSANITY	IN THE ASYLUM	CAUSE OF DEATH	STATE ON ADMISSION	UNION
32	M.	45	Mania	7 months	Maniacal ex- haustion	In feeble health	Chelmsford
33	F.	33	Mania	10 months	General paralysis	Paralytic and feeble	Chelmsford
34	F.	38	Melancholia	3 years	Phthisis	Good health	Saffron Walden
35	F.	32	Melancholia	6 months	Phthisis	In a very weak state	Tendring
36	F.	63	Mania	6 weeks	Diarrhæa	In a very weak state	Colchester
37	F.	22	Mania	5 months	Epilepsy	Subject to epileptic fits for many years	Dunmow
38	F.	48	Mania	4 months	Epilepsy	Subject to fits for many years & had symptoms of paralysis	St. Saviours
39	M.	77	Dementia	14 months	Disease of heart	In a feeble state	Epping
40	F.	72	Mania	6 months	Paralysis	In a very weak state and body much emaciated	Maldon
41	M.	75	Dementia	4 months	Paralysis	Had symptoms of pa- ralysis	Ongar
42	F.	63	Dementia	45 months	Paralysis	In a weak state of health	Rochford

TABLE, No. 14.

## CONDITION OF PATIENTS REMAINING IN THE ASYLUM.

## SOCIAL CONDITION.

					MALE.	FEMALE.	TOTAL.
Single	..	..	..	..	105	129	234
Married	..	..	..	..	43	78	121
Widowed	..	..	..	..	10	26	36
Unknown	..	..	..	..	10	5	15
Total	..	..	..	..	168	238	406

## FORM OF INSANITY.

Mania	..	..	..	..	50	83	133
Monomania	..	..	..	..	0	2	2
Melancholia	..	..	..	..	25	35	60
Dementia	..	..	..	..	73	105	178
Amentia	..	..	..	..	20	13	33
Total	..	..	..	..	168	238	406

## COMPLICATED WITH EPILEPSY, PARALYSIS, &amp; CHOREA.

Epileptics	..	..	..	..	41	26	67
Paralytics	..	..	..	..	18	16	34
Choreic	..	..	..	..	1	1	2
Total	..	..	..	..	60	43	103

## EMPLOYMENT.

Capable of being Employed	..	127	149	276
Incapable	..	41	89	130
Able to attend Chapel	..	122	150	272
Total No. in Asylum 25th Dec. 1858		168	238	406



TABLE, No. 15.

SHOWING THE NUMBER OF PATIENTS CHARGEABLE TO  
EACH UNION.

Unions, &c.	In 25th December, 1857		Received since		Discharged, Removed, &c.		Died		Remaining 25th Dec. 1858		Total, Males and Females
	M.	F.	M.	F.	M.	F.	M.	F.	M.	F.	
Braintree .. ..	8	4		3	1	1			7	6	13
Bishops Stortford .. ..	2	4	1				1		2	4	6
Billericay .. ..	4	4	4	1	2		1		5	5	10
Chelmsford .. ..	14	20	4	6	1	3	1	4	16	19	35
Colchester .. ..	14	13	3	4	1	1	2	4	14	12	26
County .. ..	3	4	4		1	2			6	2	8
Dunmow .. ..	6	10	4	8	3	1	1	1	6	16	22
Edmonton .. ..	1	3							1	3	4
Epping .. ..	7	13		3	1	3	3	1	3	12	15
Halstead .. ..	4	6	5		1	1			8	5	13
Lexden and Winstree .. ..	13	13	1	6	3	2	2	1	9	16	25
Maldon .. ..	9	7	7	5	4		1	1	11	11	22
Ongar .. ..	4	6	1	2	1	2	1		3	6	9
Orsett .. ..	7	4	2	1	1		1	1	7	4	11
Risbridge .. ..		3								3	3
Rochford .. ..	3	12			1	1		1	2	10	12
Romford .. ..	13	16	5	6	4	4	1		13	18	31
Royston .. ..		3				3					
Sudbury .. ..	4	4	1	1	2	1		1	3	3	6
Saffron Walden .. ..	10	13	3	5	2	2		4	11	12	23
Tendring .. ..	11	17	3	4	2	3	2	2	10	16	26
West Ham .. ..	8	30	9	3	4	4		1	13	28	41
Witham .. ..	9	12	4	1	3	1			10	12	22
St. Saviour's .. ..	3	1		2	2	2			1	1	2
Poole .. ..		1								1	1
Ware .. ..	2	1							2	1	3
Linton .. ..	1			1	1	1					
Bath .. ..		1						1			
Hoxne .. ..		1				1					
Poplar .. ..				2						2	2
Shoreditch .. ..				3						3	3
County of Middlesex .. ..				1						1	1
Wimbourne and Cranbourne				1				1			
Cambridge .. ..	1				1						
Prescot .. ..			1						1		1
Private Patients .. ..	5	7	2	2	2	2	1		4	6	10
Total .. ..	166	233	64	71	44	42	18	24	168	238	406

## TABLE, No. 16.

## WORK DONE BY FEMALE PATIENTS DURING THE YEAR 1858.

ARTICLES	MADE	REPAIRED	ARTICLES	MADE	REPAIRED
Night Caps .. ..	—	636	Table Cloths .. ..	8	2
Day Caps .. ..	361	479	Dusters .. ..	974	—
Ticking Dresses .. ..	2	—	Knitted Curtains .. ..	42	—
Print ditto .. ..	352	1669	Sofa Covers .. ..	14	7
Petticoats .. ..	89	1104	Chair „ .. ..	28	5
Chemises .. ..	296	1656	Table „ .. ..	5	—
Aprons .. ..	132	1506	Pillow Cases .. ..	632	1108
Handkerchiefs .. ..	532	132	Comb Bags .. ..	13	—
Shirts.. ..	333	1942	Window Blinds .. ..	11	7
Bed Gowns .. ..	227	1239	Shrouds .. ..	53	—
Bonnets trimmed .. ..	151	—	Iron Holders .. ..	105	—
Mattress Cases .. ..	249	—	Pillows .. ..	31	—
Print Jackets.. ..	10	—	House Cloths .. ..	121	—
Ante-Macassa .. ..	2	—	Flannel Waistcoats .. ..	—	226
Towels .. ..	305	6	„ Drawers .. ..	—	198
Sheets .. ..	289	1126	Hose .. ..	—	5072
Carpets .. ..	—	12	Blankets .. ..	—	253
Rugs .. ..	—	138	Stays .. ..	—	144
Pinafores .. ..	118	187			

## WORK DONE FOR BENEVOLENT FUND.

Shirts made .. ..	325	Shirt Fronts.. ..	6
Bed Gowns .. ..	10	Pillow Cases .. ..	12
Girls Cloaks .. ..	12	Baby Linen .. ..	1 set
Bonnets trimmed .. ..	12	Strips Embroidery .. ..	11
Shirt Collars .. ..	8	Collars Embroidered .. ..	5
Chemises .. ..	38	Sleeves „ .. ..	5
Doily .. ..	2		

## WORK DONE BY MALE PATIENTS DURING THE YEAR 1858.

Work by Tailors—		Work by Shoemakers—	
Jackets made .. ..	30	Male Leather Boots & Shoes	
Vests „ .. ..	36	made .. ..	102½
Trowsers „ .. ..	104	Female, ditto .. ..	74
Jackets repaired .. ..	440	Male Cloth Boots .. ..	12
Vests „ .. ..	273	Female ditto .. ..	35
Trowsers „ .. ..	823	Male Canvass ditto .. ..	25
Ticking Frocks made .. ..	3	Female ditto .. ..	4
Bed Sackings „ .. ..	10	Boots and Shoes repaired .. ..	673
Ditto repaired .. ..	74		
Sofa Mattresses made .. ..	5		
Matting and Carpet			
bound .. ..	83 pieces		

# REPORT OF THE CHAPLAIN.

---

## TO THE VISITING JUSTICES OF THE ESSEX LUNATIC ASYLUM.

GENTLEMEN,

A record of the same duties amongst the same people from day to day, affords but little scope for variety, or for novelty in your Chaplain's Report. There are the daily prayers; the daily visits to the sick and afflicted; the weekly meeting on Thursday evening, for the practice of psalmody; the Sunday services and sermon; the occasional administering of the Holy Communion;—these constitute the sum of the Clergyman's external duties, which go on without change the year round. With regard to the above duties, I have only to remark, that I have humbly endeavoured faithfully to fulfil them; and I have reason to hope that, through God's blessing upon them, they have been the means of conveying comfort to many that are cast down, and strength to the weak: they have been the means of leading many to the one Saviour for pardon and grace. I beg to bring to your notice a few special cases, which will serve to prove, better than a mere general statement of the fact could do, that the ministrations of religion in this Asylum have been blessed to many of its inmates.

A few weeks ago, an old Patient passing this way, paid me a visit: he was one of the many who have been this year so happily restored to reason. For several years, before he became an inmate of this Institution, he had totally neglected all means of grace; but he was led, during his residence here, to serious thought on the subject of religion; and he called to tell me that he sincerely repented of the sins of his former life, and was now humbly endeavouring to serve God. Several other Patients, on leaving the Asylum, have expressed themselves in similar terms; and have assured me, that they were resolved, through God's grace, to avoid all old habits of sin; and that they hoped they would be enabled to live hence-forward in the faith and fear of God. I have heard incidentally of one case, from the



Clergyman of the parish in which the man resides, that he is now leading a truly Christian life. There is one other case, amongst the recoveries of this year, that I beg to allude to. I called your attention to the extreme mental agony of this man, in my Report of the year 1856. He was at that time suffering the indescribable anguish of despair, believing that notwithstanding the infinite plenitude of the Divine mercy, there was yet no forgiveness—no hope of redemption for him. He left the Asylum perfectly restored to sanity about the end of last April. His former despair had given place to a calm Christian serenity. He was not a man of many words; but I had frequent opportunity of witnessing, that he took delight in reading the word of God; and he assured me, that the religious services of the Asylum had been a great blessing to him.

I have in former Reports given so many instances of the sick, and dying, strengthened by the power of religion, to bear their sickness patiently, and to meet death, trusting in God's mercy, through Christ, that it would be to them the gate of eternal life; that it would be superfluous, in the present instance, to add from the experience of the past year, any special examples of a similar character. I beg, however, to refer to one case, partly because it is, in itself, a very interesting one; but chiefly, because the man was universally known, and was held in so great esteem by his fellow patients, that at their special request, a very large number of them followed him as mourners to his burial. It is not needful to enter into minute details respecting the former history of the man: let it suffice to say, that one great grief, in comparatively early life, had overthrown the balance of his mind, and he became insane. During the whole period of his residence in this Asylum, he was almost always cheerful and obliging; a favourite with every one: "a fellow of infinite jest;" abounding in gibes, and gambols, and flashes of merriment." But at length, a gradual change began to come over him. Long before any signs of sickness appeared, it seemed as if the shadow of death (which none suspected to be near, except himself) were gradually falling over his spirit. He expressed to me, and to others, his feeling that he should not be here much longer. He made his will, a most singular and characteristic one. He particularly requested that a funeral sermon might be preached when he was gone, and fixed the text.

He still retained much of his ancient cheerfulness; but grew gradually more and more grave in manner, especially when talking on any subject connected with religion. He told some of his companions that he thought it was time to lay aside his follies, and to think of something better. At length, his last sickness came; he told me that he knew it was his death warning, and particularly wished to partake of the Holy Communion. He assured me of his sincere repentance, and of his trust in God's mercy, through Christ. I read and prayed by his bed side, and administered to him the last consolations of religion, and in two days afterwards, he was dead. He died in the faith.

It is an interesting question, but one not easy to solve, in what degree insanity is caused by perverted ideas on religion. It appears to me to be a question that belongs especially to the Chaplain's office, and therefore I beg to offer a few remarks upon it. But I approach the subject with diffidence, feeling the difficulties that surround it.

It scarcely admits of doubt, that periods of great religious excitement furnish numerous examples of mental disease. This was especially the case, at that period of the Church's history when the enthusiasm for monastic life began first to spread with such violence. "The extravagances of asceticism, and its accompanying pride gave birth to many wild sallies of the fanatical spirit, and many mental disorders." "We find examples of anachorets," says Neander, "who after having pushed their abstinence and self-castigation to the utmost extreme, imagined that they had reached the summit of Christian perfection, and might now dispense with those means of grace which other weak Christians needed. Finally, they imagined that they were honoured with visions and revelations. The end of it all was, that they fell into a state of complete insanity." Similar effects have followed in other periods of great religious excitement. Even in that great revival of religion which took place in this country, in the last century, followed as it was by so many blessed results; the excitement which it produced, was accompanied by many instances of mental disease. But in more tranquil times, such cases are of less frequent occurrence.

There are, however, some in this Asylum, and in the course of my seven year's experience as Chaplain to the Insane, I have met with a considerable number whose minds have been violently excited



on the subject of religion. But so far as I have been able to form an opinion, it has appeared to me most probable that in the *majority* of these cases, their morbid notions on religion are the effect, and not the cause of their Insanity. I have met with many for example, who cannot rid themselves of the distressing idea that they have committed "the unpardonable sin." But, I have found on questioning them closely, that their minds are not burdened at all with the weight of any particular *acts* of evil, or even with the thought of being alienated in heart from God; but their "sin which may not be forgiven," is usually some scaring spectre of their own anxious minds, which actually has nothing of the nature of sin in it at all. For instance, there is a man, who for many weeks, was always wringing his hands in an agony of grief; and throwing himself on the ground groaning, and praying for mercy, but still asserting that his sin could not be forgiven. And yet the whole burden of that man's sorrow was the fancy that he had been unjustly accused of neglecting his master's horses!

And moreover, their fear of the consequences of this "unpardonable sin," which they affirm they have been guilty of, does not extend to the future. It is not the "lake that burneth with fire," that they dread, or even think of, but more generally I have found it to be the dread of something that is to be done to them by their persecutors in this life. There is a case in point, at the present moment; a female Patient in No. 1. ward. She believes, that there is no forgiveness for her: but the punishment which she dreads is not in the future life: it is, that she is kept here to be hanged, or burned on "*old Christmas*" day.

The two cases above described, bear a strong resemblance to that picture of superstitious fear described by Plutarch as existing in many a man of his time, who had never heard of Christianity. "Leave me, leave me, says the wretched man—me the accursed, hated of the gods, to suffer my punishment. He sits out of doors, wrapped in rags, or in sackcloth: ever and anon he rolls himself naked in the dirt, confessing aloud this, or that sin: *he has eaten or drunk something wrong! he has gone some way or other which the Divine Being did not approve of!* Awake or asleep, he is haunted alike by the spectres of his anxiety. Nowhere can he find an escape from his imaginary terrors." It seems to me quite certain, that the instances



of religious insanity such as those given above, are not produced by any of the peculiar doctrines of Christianity. For otherwise, they would at least have had the consciousness of some burden of *actual* guilt, and not have been troubled with the remembrance of that which was no sin at all. They would have dreaded also the future punishment of divine wrath, rather than that imaginary terror of some evil to be accomplished here. No : religion is not the cause. Religion rightly understood, as manifested in the life, and taught in the Gospel of the Lord Jesus Christ, would never be productive of such results. For if it be true, that religion tranquilizes the *insane*, (and it does give at least a temporary peace even to those who are most afflicted,) much more would it be likely to preserve the due balance of reason in those who are sane. But insanity is occasioned by some other agency, and these religious delusions are the *consequence*.

I must apologize for the length to which the above remarks have been extended. I merely offer them as the result of my own observation and experience, which I beg to commend to your kind consideration.

I have the honour to remain,

Gentlemen,

Your obedient Servant,

JOSEPH SOWTER,

CHAPLAIN.

Warley, December 31, 1858.

ACCOUNT OF RECEIPTS AND PAYMENTS BY CHARLES  
Asylum, during

MAINTENANCE

RECEIPTS.

1857. Dec. 31.	£.	s.	d.	£.	s.	d.
Balance of last Account .. ..	..	..	..	555	7	9
From Unions contributing to the Asylum for four quarters ending 25th December, 1858, viz. :—						
Braintree .. ..	305	0	10			
Bishop Stortford .. ..	149	9	0			
Billericay .. ..	267	14	7			
Chelmsford .. ..	940	4	8			
Colchester .. ..	690	15	1			
Dunmow .. ..	508	18	7			
Edmonton .. ..	109	13	4			
Epping .. ..	448	8	0			
Halsted .. ..	320	0	2			
Lexden and Winstree ..	612	12	4			
Maldon .. ..	533	15	7			
Ongar .. ..	258	16	8			
Orsett .. ..	256	5	8			
Risbridge .. ..	82	5	0			
Rochford .. ..	387	4	10			
Romford .. ..	857	15	8			
Royston .. ..	61	13	8			
Sudbury .. ..	173	5	6			
Saffron Walden .. ..	636	15	4			
Tendring .. ..	750	19	5			
West Ham .. ..	1138	18	0			
Witham .. ..	583	10	0			
	10,074	1	11			
Carried forward ..	£10,074	1	11	555	7	9

GRAY ROUND, ESQUIRE, Treasurer of the Essex County Lunatic  
the year 1858.

## ACCOUNT.

### PAYMENTS.

#### SALARIES AND WAGES.

				£.	s.	d.	£.	s.	d.
Clerk to Visitors	..	..	..	100	0	0			
Officers	..	..	..	1061	5	3			
Male Attendants	..	..	..	421	11	10			
Female ditto	..	..	..	356	6	4			
Male Servants	..	..	..	152	1	0			
Female ditto	..	..	..	46	7	4			
							2137	11	9

#### PROVISIONS.

Ale, 27 gallons	..	..	..	4	8	6			
Arrowroot and Sago, 427 lbs.			..	10	8	5½			
Brewer	..	..	..	39	0	2			
Butter, 9961½ lbs.	..	..	..	431	19	6			
Bacon, 15 lbs.	..	..	..	0	12	1½			
Barley and Oatmeal, 917 lbs.	..	..	..	5	16	4½			
Cheese, 6958½ lbs.	..	..	..	201	16	4¼			
Coffee, 20 lbs.	..	..	..	1	2	8			
Currants and Raisins, 448 lbs.	..	..	..	11	8	4			
Eggs,	..	..	..	15	6	6			
Fish	..	..	..	13	11	8			
Flour, 472 sacks	..	..	..	846	12	0			
Fruit	..	..	..	6	3	5			
Malt and Hops	{	Malt, 141 qrs. Hops, 1302 lbs.	{	..	550	0	8		
Meat..	{	Boned Beef, 42,222 lbs. Roasting ditto, 11,387 lbs. Mutton, 13,406 lbs. Pork, 7222 lbs. see Farm Acct. Shins, 1622 lbs.	{	..	1875	1	8		
Milk, 5299 gallons	..	..	..	209	10	2			
Molasses, -280 lbs.	..	..	..	2	3	0			
Peas, 37 bushels	..	..	..	14	19	3			
Potatoes, 97 bushels	..	..	{	118	10	6			
737 Farm Account	..	..	}						

Carried forward .. 4358 11 3¼ 2137 11 9



## RECEIPTS—continued.

			£.	s.	D.	£.	s.	D.
Brought forward	..		£10,074	1	11	555	7	9
From Unions, &c., not contributing—								
Poole	..	..	36	10	0			
Ware	..	..	109	10	0			
St. Saviour's	..	..	87	17	11			
St. Mary Magdalen, Bermondsey	..	..	16	0	0			
Linton	..	..	42	15	5			
Poplar	..	..	31	2	0			
Shoreditch	..	..	40	16	0			
County of Middlesex	..	..	9	4	0			
Wimbourne and Cranbourne, Dorset	..	..	2	18	0			
Cambridge	..	..	16	16	0			
Prescott	..	..	9	0	0			
Bath	..	..	5	6	0			
Hoxne	..	..	6	15	11			
						414	11	3
From County Treasurer	..	..				196	4	11
From Private Patients (16)	..	..				306	17	1
						10,991	15	2

## From Unions, &amp;c. for Funeral Expenses—

Bishops Stortford	..	..	0	18	0
Billericay	..	..	0	18	0
Chelmsford	..	..	3	12	0
Colchester	..	..	5	8	0
Dunmow	..	..	1	16	0
Epping	..	..	3	12	0
Lexden and Winstree	..	..	2	14	0
Maldon	..	..	1	16	0
Ongar	..	..	0	18	0
Orsett	..	..	1	16	0
* Rochford	..	..	0	18	0
Romford	..	..	0	18	0
Saffron Walden	..	..	3	12	0
Sudbury	..	..	0	18	0
Tendring	..	..	3	12	0
West Ham	..	..	0	18	0
Bath	..	..	0	18	0
Wimbourne and Cranbourne	..	..	0	18	0

---

 36 0 0

---

 Carried forward .. £11,583 2 11

## PAYMENTS—continued.

	£.	s.	d.	£.	s.	d.
Brought forward ..	4,358	11	3 $\frac{1}{2}$	2,137	11	0
Poultry .. .. .	10	3	8			
Rice, 658 lbs. .. .	5	2	10 $\frac{1}{2}$			
Sugar, 10,507 lbs. ..	198	13	8 $\frac{1}{2}$			
Salt, Spices, and Vinegar ..	19	17	3 $\frac{1}{2}$			
Tobacco and Snuff { Tobacco, 350 lbs. } { Snuff, 79 lbs. } ..	70	8	11			
Tea, 2,518 lbs. .. .	357	12	4			
Vegetables, see Farming Account ..	166	7	11			
				5,186	18	0 $\frac{1}{2}$

## FUEL AND LIGHTING.

Coals and Coke { Wallsend, 308 tons } { Inland, 417 „ } { Skreenings, 194 „ } { Coke, 5 $\frac{1}{2}$ chaldrons }	858	18	1			
Candles (Stores 33 doz. Composite 5 $\frac{1}{2}$ doz.)	13	6	6			
Gas, 682,100 feet .. .. .	184	14	10			
Oil and Cotton .. .. .	9	12	0			
				1,066	11	5

## WASHING.

Soap, Yellow .. 7,557 lbs. ..	116	12	7			
Soft .. 20 firkins ..	17	16	6			
Soda .. 1,535 lbs. ..	5	14	11			
Starch and Blue { Starch, 700 lbs. } { Blue 29 lbs. } ..	14	12	0			
Washerwomen and Washing ..	210	19	4			
				365	15	4

## NECESSARIES.

Brushes, Mops, &c. .. ..	38	13	6			
Blacking, Black Lead, &c. ..	13	19	8			
Combs, Hair Brushes .. ..	11	7	4 $\frac{1}{2}$			
House Flannel, Check Dusters ..	14	7	7			
				78	8	1 $\frac{1}{2}$

## SURGERY AND DISPENSARY.

Drugs .. .. .	32	8	7			
Wine .. .. .	74	5	5			
Spirits .. .. .	18	0	0			
Sundries .. .. .	3	9	6			
				128	3	6

Carried forward .. .. £8,963 8 2

## RECEIPTS—continued.

					£.	s.	d.
Brought forward ..					11,583	2	11
<b>GARDEN AND FARM.</b>							
Skins and Offal	..	..	..	..	6	4	9
Pigs	..	..	..	..	30	10	0
Corn	..	..	..	..	133	13	0
Value of Pork supplied to House				..	200	3	11
„ Potatoes	..	..	..	..	106	12	1
„ other Vegetables		..	..	..	166	7	11
					<hr/>		
					643	11	8
<b>PROVISIONS.</b>							
Luncheons	..	..	..	..	3	8	4
Lard and Dripping	..	..	..	..	16	5	5
					<hr/>		
					19	13	9
<b>MISCELLANEOUS.</b>							
Discount	..	..	..	..	7	8	3
Rags	..	..	..	..	6	10	4
					<hr/>		
					13	18	7
Carried forward..					<hr/>		
					£12,260	6	11



## PAYMENTS—continued.

	£.	s.	D.
Brought forward ..	8,963	8	2

## CLOTHING.

Calico .. ..	21	5	4
Leather, &c. ..	90	7	9
Muslin for Caps ..	7	2	4
Print for Dresses ..	51	8	11
Check for Aprons ..	8	2	0
Bonnets and Ribbon ..	18	16	2
Stays .. ..	10	1	0
Hose, Male .. ..	19	9	0
Ditto, Female ..	14	17	0
Shoemaker .. ..	52	0	0
Tailor .. ..	52	0	0
Male Clothing ..	120	6	2
Hats and Caps ..	9	12	8½
Cloth, &c. .. ..	37	16	2½
Handkerchiefs { Female ..	7	9	6
{ Male ..	6	6	0
Shirting, &c... ..	33	10	4
Thread, Needles, &c. ..	61	10	11½
Braces .. ..	4	11	8
Striped Linen ..	46	11	11
Linsey .. ..	19	12	2
	<hr/>		
	692	17	1¼

## FURNITURE AND BEDDING.

Crockery .. ..	23	7	1
Ironmongery ..	43	18	4
Matting .. ..	106	14	9½
Furniture .. ..	38	3	0
Sail-Cloth .. ..	9	4	10
Sheeting .. ..	102	17	6
Bed Ticking ..	27	3	1¾
Strong Rugs ..	3	3	3
Towelling .. ..	10	7	6
Blankets .. ..	52	7	9
Bed .. ..	3	10	0
	<hr/>		
	420	17	2¼

FUNERAL EXPENSES .. ..	36	0	0
------------------------	----	---	---

Carried forward.. .. £10,113 2 5½

## RECEIPTS—continued.

	£.	s.	d.
Brought forward ..	12,260	6	11

---

£12,260 6 11

## PAYMENTS—continued.

	£.	s.	d.
Brought forward..	10,113	2	5½

## GARDEN AND FARM.

Implements and Repairs	..	..	29	0	9
Provender for Live Stock	..	..	144	16	6
Bailiff and Labourers	..	..	154	1	5
Seeds and Plants	..	..	53	15	4
Straw	..	..	31	13	6
Rates	..	..	8	4	3
Rent-Charge	..	..	17	14	1
Sundries	..	..	15	11	10
				454	17 8

## MISCELLANEOUS.

Advertisements	..	..	..	19	4	6
Books and Periodicals	..	..	..	42	19	5
Stationery, Printing, and Account Books	..	..	..	44	8	3
Postage and Carriage of Goods, &c.	..	..	..	58	6	0
Petty Disbursements	..	..	..	93	7	6½
Rates	..	..	..	2	10	0
Law Charges, &c. re Chambers	..	2	13	6		
„ Lost Shirts	..	5	19	6		
„ Disbursements	27	14	6			
				36	7	6
Allowance to Patients Discharged on Trial, (16 & 17 Vict. cap. 97, sec. 79)	..	..	..	2	6	0
					299	9 2½
Balance	..	..	..	1,392	17	7

---

£12,260 6 11

---



# BUILDING ACCOUNT.

## RECEIPTS.

1857.	£.	s.	d.
Dec. 25th.	To balance of the last Account...	...	782 10 8½
1858.			
To proportion of Expences of Additions, Alterations and Improvements, viz. :—			
County Treasurer	...	2,052	1 2
Borough of Colchester	...	114	14 2
Saffron Walden	...	32	8 10
Maldon	...	25	9 9
			<u>2,224 13 11</u>
To proportion of Expences of ordinary Repairs, &c. :—			
County Treasurer	...	728	6 7
Borough of Colchester	...	40	14 2
Saffron Walden	...	11	10 3
Maldon	...	9	0 10
			<u>789 11 10</u>

## PAYMENTS.

1858.	£.	s.	d.
Additions, Alterations, and Improvements :—			
Filter and Piggeries	...	28	3 9
Additional Windows in Dormitories	...	86	18 5
Seats for Airing Courts	...	13	10 0
Copper in Kitchen	...	30	11 3
Pipes for additional supply of Water	...	15	17 0
Medical Superintendent's Apartments.	...	98	0 0
Seats in Chapel...	...	49	8 0
Laundry...	...	1,680	0 3
Out-Fitting new Ward...	...	222	5 3
			<u>2,224 13 11</u>
Ordinary Repairs :—			
Bricklayers' Wages, Bricks, Tiles, &c..	...	217	9 1
Ironmongery, Engineering, and Smiths Work	...	309	4 7
Plumbing, Glazing, and Painting	...	71	10 0
Carpenters' Wages, Timber, &c.	...	118	10 1
Paper Hanging...	...	3	8 1
Planting and Fencing	...	12	12 0
Cleaning Turret-Clock	...	6	10 0
Insurance	...	40	8 0
Ratcatcher	...	10	0 0
			<u>789 11 10</u>
Falling Timber...	...	...	7 18 9
Balance	...	...	774 11 11½
			<u>£3,796 16 5½</u>

DR.

CR.

	£.	s.	d.		£.	s.	d.
1858. Proportion of Bills for Additions, Alterations, and Improvements ...	...	...	...	1858. April 5th. Cash, by Order of Court	...	...	...
The like for ordinary Repairs ditto	...	...	...	Oct. 20th. Ditto, by Order of Committee for Repairs, 11th 1859. October, 1858	...	...	...
				Jan. 25th. Ditto, for Additions, by Order of Committee, 17th January, 1859	...	...	...
				Balance due	...	...	...
					£2,780	7	9

BOROUGH OF COLCHESTER.

1858. Proportion of Bills for Additions, Alterations, and Improvements...	...	...	...	1859. Feb. 1st. Cash	...	...	...
The like for ordinary Repairs ditto	...	...	...	Balance due	...	...	...
					102	6	8
					53	1	8
					£155	8	4

BOROUGH OF SAFFRON WALDEN.

1858. Proportion of Bills for Additions, Alterations, and Improvements...	...	...	...	1858. Oct. 23rd. Cash	...	...	...
The like for ordinary Repairs ditto	...	...	...	Balance due	...	...	...
					28	19	0
					15	0	1
					£43	19	1

BOROUGH OF MALDON.

1858. Proportion of Bills for Additions, Alterations, and Improvements...	...	...	...	1858. Dec. 13th. Cash	...	...	...
The like for ordinary Repairs ditto	...	...	...	Balance due	...	...	...
					22	14	10
					11	15	9
					£34	10	7

## BALANCE SHEET.

1858.		£.	s.	d.
Dec. 31st.	Maintenance Account ...	page 41	...	1,392 17 7
	Building Account ...	page 42	...	774 11 11½
	Bills remaining unpaid—Clerk to Visitors		...	100 0 0
<hr/>				
				£2,267 9 6½

1858.		£.	s.	d.
	Cash at Messrs. Sparrow's Bank ...	...	...	1,118 18 8
	Cash at Bank of England ...	...	...	6 2 3
	Balance in Steward's hands	...	...	28 5 10½
<hr/>				
ARREARS.				
	Unions ...	...	177 7 2	
	Private Patients	...	4 16 4	
	County Treasurer ...	page 43	852 1 9	
	Borough of Colchester ...	"	53 1 8	
	" Saffron Walden	"	15 0 1	
	" Malden	"	11 15 9	
				1,114 2 9
				<hr/>
				£2,267 9 6½

CHARLES G. ROUND, } CHAIRMAN AND  
TREASURER.

JOHN DAVIS,

AUDITORS:  
} JOHN DAVIS,  
NATHL. C. BARNARDISTON,



## SUMMARY.

Heads of Expenditure.				Expenditure.			Average Cost per Head per Week.	
				£.	s.	d.	s.	d.
Salaries and Wages ...	...	...	...	2,137	11	9	2	0 $\frac{3}{4}$
Provisions (less receipts) ...	...	...	...	5,167	4	3 $\frac{1}{2}$	5	0
Fuel and Lighting ...	...	...	...	1,066	11	5	1	0 $\frac{1}{4}$
Washing ...	...	...	...	365	15	4	0	4 $\frac{1}{4}$
Necessaries ...	...	...	...	78	8	1 $\frac{1}{2}$	0	0 $\frac{3}{4}$
Surgery and Dispensary ...	...	...	...	128	3	6	0	1 $\frac{1}{4}$
Clothing ...	...	...	...	692	17	1 $\frac{1}{4}$	0	8
Furniture ...	...	...	...	420	17	2 $\frac{1}{4}$	0	4 $\frac{3}{4}$
Miscellaneous (less receipts) ...	...	...	...	285	10	7 $\frac{1}{2}$	0	3 $\frac{1}{4}$
				10,342	19	4	10	0 $\frac{1}{4}$
							17,552	
							144,464	
DEDUCT—							112,352	
Garden and Farm (less payments) .				188	14	0	0	2
							144,464	
				10,154	5	4	9	10
							49,664	
							144,464	

# FARMING ACCOUNT.

## CR.

1858.	Value of Vegetables, &c., supplied to House,	£.	s.	d.
Dec. 31st.	viz.:—	£.	s.	d.
	Rhubarb, Fruit, &c. ...	5	17	6
	Herbs, Onions, &c. ...	8	0	3
	Celery, Salad, &c. ...	6	0	11
	Turnips ...	15	15	7
	Carrots, Parsnips, } and Beet Root. }	38	19	7
	Peas and Beans ...	22	8	9
	Cabbages ...	69	5	4
	737 bushels of Potatoes	106	12	1
		273	0	0
	7,222 lbs. Pork and 23 Sucking Pigs	200	3	11
	of Labour done by Horses in Carting }	16	6	0
	Timber, Gravel, &c. ...	6	4	9
	By Sale of Skins and Offal ...	30	10	0
	Pigs... ..	133	13	0
	Wheat and Barley ...	243	9	0
	Value of Live Stock ...	186	5	0
	Dead Stock ...	120	0	0
	Implements ...	549	14	0

## DR.

1857.	Value of Live Stock	£.	s.	d.
Dec. 31st.	Dead Stock	206	19	9
	Implements	215	1	0
		135	0	0
		557	0	9
1858.	Implements and Repairs, &c.	29	0	9
Dec. 31st.	Provender for Live Stock	144	16	6
	Bailiff and Labourers	154	1	5
	Seeds and Plants	53	15	4
	Straw	31	13	6
	Rates	8	4	3
	Rent-Charge	17	14	1
	Sundries	15	11	10
		454	17	8
		197	13	3
	Balance in favor of Farm	...	...	...

£1,209 11 8

£1,209 11 8

## CONTRACT PRICES of the Principal Articles of Consumption.

Articles.	DURING THE QUARTER ENDING			
	25th March, 1858	24th June, 1858	29th Sept. 1858	25th Dec. 1858
	£. s. d.	£. s. d.	£. s. d.	£. s. d.
Arrow Root ... .. Per Cwt. ...	3 14 0	5 0 0	3 0 0	3 5 0
Butter ... .. „ ...	5 4 0	4 14 0	4 8 0	5 1 0
Coals, Wallsend ... Per Ton. ...	1 3 3	1 2 7	1 2 7	1 2 7
„ Screenings ... .. „ ...	0 13 9	0 13 3	0 13 3	0 13 3
„ Inland Steam... .. „ ...	0 17 11	0 17 9	0 17 9	0 17 9
Cheese ... .. Per Cwt. ...	3 8 0	3 4 0	3 2 0	3 7 0
Flour... .. Per Sack ...	2 0 0	1 16 0	1 12 6	1 15 0
Meat, Boned Beef, per Stone of 14 lbs.	0 7 0	0 6 8½	0 7 0	0 7 0
„ Roasting ditto... .. „	0 7 0	0 6 8½	0 7 0	0 7 0
„ Mutton ... .. „	0 7 0	0 6 8½	0 7 0	0 7 0
„ Legs and Shins. .. „	0 2 11	0 2 11	0 2 11	0 2 11
Milk ... .. Per Gallon...	0 0 10	0 0 9	0 0 9	0 0 10
Sugar, Moist... .. Per Cwt. ...	2 8 0	2 0 0	2 0 0	2 1 0
Soap, Yellow... .. „ ...	1 13 0	1 16 0	1 15 0	1 13 0
„ Soft ... .. Per Firkin...	0 18 6	0 17 6	0 17 0	0 18 6
Starch ... .. Per Cwt. ...	2 10 0	2 2 0	1 18 0	2 2 0
Sago ... .. „ ...	1 4 0	1 4 0	1 3 0	1 10 0
Snuff ... .. Per lb. ...	0 3 5	0 3 2	0 3 10	0 3 6
Tobacco ... .. „ ...	0 3 4	0 3 3	0 3 3½	0 3 3



ESSEX LUNATIC ASYLUM.—DIETARY FOR THE PATIENTS.

Days of the Week	BREAKFAST						DINNER										SUPPER						
	Male			Female			Male					Female					Male			Female			
	Bread	Butter	Tea	Bread	Butter	Tea	Uncooked Meat	Bread	Beer	Soup	Meat Pie	Suet Pudding	Potatoes	Uncooked Meat	Bread	Beer	Soup	Meat Pie	Suet Pudding	Potatoes	Bread	Butter	Tea
SUNDAY .....	Oz. 6	½	1	Oz. 5	½	1	Oz. 7	5	½		Oz. 12	{ 8 oz. inclu in pie }	Oz. 12	7	4	½		Oz. 12	{ 8 oz. inclu in pie }	Oz. 12	6	½	1
MONDAY .....	6	½	1	5	½	1	3		½		12						½						6
TUESDAY.....	6	½	1	5	½	1	7	5	½		Oz. 12		7		4	½			Oz. 12		6	½	1
WEDNESDAY .....	6	½	1	5	½	1	7		½			12	7			½				12	6	½	1
THURSDAY .....	6	½	1	5	½	1	7	5	½				7		4	½		1½			6	½	1
FRIDAY .....	6	½	1	5	½	1	3	6	½	1½			3		5	½					6	½	1
SATURDAY .....	6	½	1	5	½	1	7	5	½				7		4	½					6	½	1
TOTAL.....	42	3½	7	35	3½	7	41	26	3½	1½	12	12	48	41	21	3½	1½	12	12	48	42	3½	7

When Vegetables are not given at Dinner, the Males receive 8 oz. and the Females 7 oz. Bread each.

# ESSEX LUNATIC ASYLUM.

THE ESTABLISHMENT, DEC. 31, 1858.

## OFFICERS.

		£.	s.	d.	
Medical Superintendent	..	500	0	0	{ Apartments, Gas, Vegetables, and Washing.
Chaplain	.. ..	210	0	0	
Medical Assistant & Dispenser		80	0	0	{ Furnished Apartments, Board, Lodging, and Attendance.
Steward and Clerk	.. ..	175	0	0	
Matron	.. ..	90	0	0	{ Furnished Apartments, Board, Lodging, and Attendance.
Sub-Matron	.. ..	30	0	0	
					Board, Lodging, & Washing

## MALE ATTENDANTS AND SERVANTS.

Head Attendant	.. ..	37	0	0	Board, Lodging, & Washing
Two Attendants, £32 each	..	64	0	0	Ditto
Three	„ £30 „ ..	90	0	0	Ditto
Seven	„ £28 „ ..	196	0	0	Ditto
One Night ditto	.. ..	28	0	0	Ditto
Engineer	.. ..	100	0	0	
Bailiff..	.. ..	52	0	0	{ House, Firing, Washing, and Vegetables
Baker	.. ..	60	0	0	
Carpenter	.. ..	52	0	0	
Shoemaker	.. ..	52	0	0	
Tailor	.. ..	52	0	0	
Bricklayer	.. ..	65	0	0	
Gate Porter	.. ..	30	0	0	Board, Lodging, & Washing
House Porter	.. ..	30	0	0	Ditto
Stoker	.. ..	12	0	0	Ditto
Ploughman, at 15s. per Week		39	0	0	
Engineer's Boy	.. ..	10	0	0	Board, Lodging, & Washing
Plough Boy, 1s. 6d. per Week		3	18	0	Ditto

## FEMALE ATTENDANTS AND SERVANTS.

Ten Attendants, £20 each	..	200	0	0	Board, Lodging, & Washing
Eight	„ £18 „ ..	144	0	0	Ditto
One Night Attendant	..	20	0	0	Ditto
Cook	.. ..	24	0	0	Ditto
House-Maid	.. ..	12	0	0	Ditto
Kitchen-Maid..	.. ..	12	0	0	Ditto
Head Laundress	.. ..	22	0	0	Ditto
Three Under ditto, £18 each	.	54	0	0	Ditto

